

ABSTRACT OF THE DISCLOSURE

An exercise device for improving physical fitness, includes a base body having several modules for supporting an exercising person. At least one of these modules can be displaced by the exercising person, by means of his/her feet, hands, or other body parts. The exercise device is equipped, in addition to its device-specific function, with an additional vibration function in which the vibration can be regulated in terms of frequency and amplitude, and is effective only on those components on which the exercising person is supporting himself/herself. Each module for supporting the exercising person has a separate component that is effectively connected with the body part of the exercising person assigned to it. This component is connected with the other components of this module by way of at least one damping element, and can have a vibration movement applied to it.